CARITAS
What do we do?

Counselling for Children and young people

Couples and Family Therapy

Alcohol, Narcotics, Cocaine Addiction support (to include those experiencing addiction and their family)

Carmel Care offers

- **Drop in, lunch and support.**
- **Conversation Group (Improving English Language)**
- **Mindful Crafting**

Light Project (supporting those who have experienced Domestic Abuse) incorporating the Freedom Program and the power to change.

Wellbeing groups across the Diocese